



Teacher Reference Sheet

Stage 1 Activity: Drugs: Legal or Illegal?

This sheet provides answers to the activity and highlights the intended key messages; please ensure these are covered, discussed and understood before moving onto stage 2

Part 1: Ensure pupils understand the given explanations to ensure they can understand the difference of what makes a drug legal or illegal

Legal: not against the law - It is **not** a crime to use legal drugs such as medicines from the doctor or the chemist; these are made by specially trained scientists and doctors to make people better when they're sick.

Legal drugs are tested before they are given to humans to make sure they are safe and will not harm us.

Illegal: against the law - Illegal drugs are **not** made by specially trained scientists and doctors, so they are **not** tested to know exactly what is in them and how harmful it will be to humans; they are made from ingredients which are banned because they can be poisonous. Illegal drugs are dangerous!!

Key points

1. Even legal drugs (medicines) can be harmful

- Only take medicine prescribed for you - never someone else's
- Never give someone else your medicine
- Only take the safe dose recommended
- An adult must administer it – never take it yourself without asking

2. Illegal drugs are dangerous and criminal

- You cannot be sure what it is made of or what it will do to you
- Never take any drug or substance offered to you
- Never carry illegal drugs for someone else – this is a criminal offence
- Never offer illegal drugs to others – this is a criminal offence

Part 2: Which drugs are legal or illegal? How can you tell?

This task introduces pupils to common illegal drugs through visual images; mixing them with images of common legal drugs (medicines) to see if pupils are able to identify the difference. **Answers:**

Legal	What it is	More information
3	Paracetamol: used to relieve fevers, aches and pains	<ul style="list-style-type: none"> - Paracetamol is a very dangerous medicine if safe dose is exceeded - In tablet form it can look like some illegal drugs - It is difficult to identify an illegal tablet from a legal tablet

4	Antibiotics: prescribed by doctors only	<ul style="list-style-type: none"> - Used to treat infections - Antibiotics are dangerous if safe dose is exceeded - In tablet or capsule form it can look like some illegal drugs - It is difficult to identify an illegal capsule from a legal capsule
5	Liquid medicine: used for fevers, coughs and colds	<ul style="list-style-type: none"> - Liquids are dangerous if safe dose is exceeded - Some illegal drugs come in liquid form - If you don't know what the liquid is, it could be an illegal drug
7	Lozenges: used for sore throats and other ailments	<ul style="list-style-type: none"> - Easier to identify as most illegal drugs do not resemble a sweet - It is important to not consume medicine because they look like sweets

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Please consider the suitability of sharing some of the Information below with your audience.

When discussing illegal drugs, ensure pupils to pay attention to what the substances look like to emphasize how they can be mistaken for another substance and how you cannot be sure what it really is, what is in it and if it's illegal

Illegal	What it is	More information
1	Cannabis (Class B): a plant, which is taken by smoking/vaping and edibles. <i>Known as weed, skunk, hash, 'dab'/'shatter'</i>	What does it look like? <ul style="list-style-type: none"> - Soft black resin, furry green leaves or hard brown lumps, cannabis all comes from plants, but can look different depending on its type. Risks <ul style="list-style-type: none"> - Affect your motivation - Mood swings - Disturb your sleep, make you feel depressed - Hallucinating – making you see or hear things that are not there. - Make you wheeze and out of breath, cough uncomfortably or painfully.
2	Ecstasy (Class A): a pill or powder, pills are usually swallowed, and the powder is dabbed onto peoples gums. <i>Known as Beans, Cowies, Crystal, Dizzle, Mandy, Pills, Xtc</i>	What does it look like? <ul style="list-style-type: none"> - Pill or powder form, in powder form it is also known as MDMA. Pills can be white, coloured, round squared or pushed into any shape. Risks <ul style="list-style-type: none"> - Tingly - Faster Heart rate – energised and/or anxious - Higher body temperature - Panicked and Paranoid - Alert and Energised
6	Cocaine (Class A): By snorting it, in powder form, or by smoking it as crack. <i>Known as Charlie, chang, crack, flake, freebase, white, blow.</i>	What does it look like? <ul style="list-style-type: none"> - There are three types of cocaine: coke, crack and freebase Coke – looks like fine white powder Crack - looks like small lumps or rocks Freebase - looks like a crystallised powder Risks <ul style="list-style-type: none"> - Animated and Chatty/Agitated, arrogant - Faster Heart rate – confident and/or anxious - Higher body temperature - Panicked - Excited/ Risk taking

8	<p>Heroin (Class A): By smoking, injecting, or snorting.</p> <p><i>Known as H, Skag, Smack, Gear, Brown, Horse.</i></p>	<p>What does it look like?</p> <ul style="list-style-type: none"> - Depending how it is cut, Heroin can look from brownish white to brown. Heroin is a drug made from morphine. <p>Risks</p> <ul style="list-style-type: none"> - Happy - Relaxed - Nausea/Vomiting - Drowsy, heart rate and breathing will be slow - Euphoric
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No. 9 for Option 2 only

9	<p>New psychoactive substances (NPS), previously Legal Highs By smoking, swallowed, or snorting.</p> <p><i>Known as NPS, PlantFood, Bath Salts, Mdat, Eric 3</i></p>	<p>What does it look like?</p> <p>New psychoactive substances are sold in different forms such as powders, pills, smoking mixtures, liquids, capsules, or on perforated tabs.</p> <p>The packaging is usually designed to get your attention using a catchy brand name and bright colours. It might describe a list of ingredients, but you can't be sure that this is what's inside</p> <p>Risks</p> <p>Many new psychoactive substances (NPS) are sold under brand names like 'Clockwork Orange', 'Bliss' and 'Mary Jane', and some have been linked to poisoning, emergency hospital admissions and, in some cases, deaths.</p> <p>You can't really be sure of what's in a new psychoactive substance that you've bought, or been given, or what effect it's likely to have on you or your friends.</p>
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Key points

1. Some illegal drugs look like legal drugs: you can't tell the difference
2. If you can't tell the difference you won't know what it is, how strong it is, how dangerous it is, or if it is illegal: you may be committing a crime and risking your health
3. Never accept any drug of anyone even if it is a legal drug
4. Never carry drugs for someone else

Task sheets for this stage are downloadable via the buttons below:

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Option 1 Task Sheet

Option 2 Task Sheet